

SPOTLIGHT ON MJ WEEKS

Written by Stephen G. Schaeffer for the Communications Committee



From Brooklyn (Flatbush) to Chapel Hill (Governors Club) and many adventures in between, MJ Weeks made the most of her storied life through serendipitous happenstances and a positive outlook. Born in Brooklyn, then after three years moving to Westchester County where her parents bought their first home, MJ (Mary Jane) enjoyed a typical child's life in a home where dinner was served formally in the dining room. With close proximity to Manhattan, MJ and her high school friends enjoyed regular junkets for shows and the bustle of the city.

After her freshman year at Bucknell University majoring in literature, she saw an ad seeking counselors at a New Hampshire summer camp specializing in horse riding (her high school passion!). By chance in the first days she met Bob

Weeks, the handsome riding instructor from Vermillion, South Dakota, who had one of the few cars on the property. When she was signing up for her day off Bob was lurking behind, and feeling smitten, chose the same. The burgeoning relationship grew in proportion to all the galivanting they did with that car. After her sophomore year at Bucknell they married and headed to Nuremburg, Germany where Bob would be stationed for three years as an Army ROTC trained officer. The travel adventures didn't let up, even with the birth of a son.

Returning to the University of South Dakota where Bob's father was President, he completed his law degree and MJ, her undergraduate and masters work in literature. With Bob's first position in trust banking they moved to Minneapolis where MJ taught high school. Bob's career in banking continued upward in Winona, MN, then in Sioux Falls, SD, taking their growing son and daughter, and MJ, now on faculty in state universities.

But her inkling for using her skills in a different way was aided when a student provided the link. This adult student's husband, the President of the largest US surety bond company, was annoyed that his lawyers could not write understandable memos. Contacting MJ with an idea to have her do writing seminars, a new career was launched. Over the next 20+ years MJ Weeks Seminars were presented nationally and internationally for such clients as Citi Bank, Mayo Clinic, and governments with topics blossoming beyond writing skills to interpersonal communication, listening skills, and employee management. When asked if nerves infected her lectures, MJ unequivocally said this was "easy-peasy" and so much fun!

So how did MJ and Bob get to Chapel Hill? Serendipity played a real part again when MJ entered an international bridge tournament, her non-career passion, in China, and met a Chapel Hillian who needed a bridge partner. The woman who lived in Governor's Club, after future visits eventually persuaded MJ and Bob to move South.

During their Chapel Hill retirement, Bob and MJ continued their love of world travel, visiting every continent but Antarctica, often in the company of the couple who had persuaded them to move. When asked the most important milestones in her life, MJ indisputably stated marriage, children and granddaughters – her 5 "Wonders". Before Bob died of a rare form of cancer two years ago, they both had researched area CCRC's and had already decided on The Cedars. MJ honored this decision and moved to campus in April 2022, missing her life partner, but relishing in the many wonderful new friends and happy experiences of, "this fabulous lifestyle."



NOVEMBER
2023

THE CEDARS POST

NOVEMBER BIRTHDAYS



Barbara Burkett.....	1
John Wrede.....	1
Peggy Cooper.....	2
John Pendray.....	2
Julie Tenney.....	6
Harvey Gunter.....	7
Ann Merklein.....	7
Alan Stephenson.....	7
Linda Newmark.....	9
Jane Hauser.....	11
Rebecca Hoggard.....	12
Pat Beyle.....	14
Carolyn Gard.....	14
Virginia Page.....	14
Albert Gard.....	17
Charles Coble.....	19
Richard Dabney.....	19
Aud Ackerman.....	20
Barbara Pequet.....	20
Sally Bartholomew.....	21
Anne Boyer.....	21
Bill George.....	21
Pat Kelley.....	23
Jody Pagano.....	23
Carole Bardin.....	24
Mary Gilland.....	24
Tom Kraska.....	28
Anne Liptzin.....	28
Sue Arledge.....	29
Marvin Barnes.....	29
Christina Jeffs.....	29

LET'S CELEBRATE

VETERAN'S DAY PROGRAM, HONOR GALLERY EXHIBIT AND RECEPTION

Friday, November 10, 2pm
DuBose Activities Room

Please join us for a special program hosted by Authora Care as we recognize and celebrate all of our Cedars' Veterans. Immediately following the program, we invite everyone to walk through our Veterans Honor Gallery Exhibit at DuBose followed by a reception in the Activities Room.



MOVIE OF THE MONTH - *BARBIE* Monday, November 27, 2pm DuBose Activities Room

Barbie is a fantasy comedy film directed by Greta Gerwig from a screenplay she wrote with Noah Baumbach. Based on the eponymous fashion dolls by Mattel, it is the first live-action Barbie film. The film stars Margot Robbie as the title character and Ryan Gosling as Ken, and follows the pair on a journey of self-discovery following an existential crisis. The supporting cast includes America Ferrera, Kate McKinnon, Issa Rae, Rhea Perlman, and Will Ferrell. (2023)

THE CEDARS COMMUNITY HEALTH FAIR *Harvest Your Health*

Friday, November 3, 1-3pm DuBose Open House/Activities Room

Come to The Cedars Annual Health Fair sponsored by the Members' Health and Safety Committee. Learn about The Cedars Health Services Departments (The Cedars Clinic, Home Care and Nursing), and visit with several of our preferred health service providers to include Select Rehab Services, Neil Medical, Chapel Hill Emergency Response team and more. Fall Harvest refreshments will be provided.



BEYOND THE CEDARS



THE OUTWIN: AMERICAN PORTRAITURE TODAY at The Ackland Art Museum Wednesday, November 15, 1:45pm Lobby

Launched in 2006 to support the next wave of contemporary portraiture in the United States, the National Portrait Gallery's celebrated Outwin Boochever Portrait Competition is a major survey of the best of American portraiture. Held every three years, and now in its sixth edition, *The Outwin: American Portraiture Today* presents forty-two works — selected from over 2,700 entries — foregrounding the vibrancy and relevance of portraiture now. In addition to paintings, photographs, drawings, and sculptures, The Outwin includes video, performance art, and textiles, highlighting the seemingly limitless possibilities of contemporary portraiture. Open to both emerging and established artists, this year's entrants were encouraged to submit work that moves beyond traditional definitions of portraiture and engages with the social and political landscape of our time. **Register on Cedars Connect November 1 at 9am, deadline November 13. Cost: \$9 for docent tour and transportation. Maximum 12 people.**

DUTCH ART IN A GLOBAL AGE: MASTERPIECES FROM THE MUSEUM OF FINE ARTS, BOSTON at the North Carolina Museum of Art Thursday, November 30, 9:30am Lobby

The presentation features paintings by Rembrandt, Frans Hals, Gerrit Dou, Jacob van Ruisdael, Rachel Ruysch, and other celebrated artists. These pictures are complemented by five important paintings from the NCMA's Dutch collection, exquisite decorative arts in silver and ceramics, and superb impressions from the MFA Boston's world-renowned print collection. **Register on Cedars Connect beginning November 1 at 9am, deadline November 28. Cost: \$30 for ticket and transportation. Maximum 9 people.**



HANDEL'S MESSIAH at Duke Chapel Saturday, December 2, 2pm Lobby

On December 10, 1933, the Duke Chapel Choir presented a concert of "selections from Handel's Messiah," and a beloved Duke University holiday tradition was born. This year marks the 90th anniversary of that first performance. In music that is both treasured and timeless, G. F. Handel recounts the story of humanity's redemption through the birth, death, and resurrection of Christ. This year's

"Messiah" performances will be presented on period instruments with Baroque-era tuning, as Handel himself would have heard it. Each performance will last approximately two hours. Performed by: Duke University Chapel Choir • Mallarmé Music • Zebulon M. Highben, conductor • Kathryn Mueller, soprano • Sara Couden, contralto • Albert Lee, tenor • Derrick Fox, baritone. **Tickets will be sold through the Duke Box Office at tickets.duke.edu or call 919-684-4444. Register on Cedars Connect for transportation, deadline November 30. Cost: \$7 for transportation.**

MAKE IT TO THE BUS ON TIME
Please call Laura at 919-259-7944 on regular business days if you have signed up for an outing and are unable to attend or call the Concierge at 919-259-7937.

MOVIN': FRESHMAN YEAR AT A CCRC (A MUSICAL)
at Carolina Meadows
Sunday, November 5, 3:15pm Lobby

CHAMBER ORCHESTRA
Sunday, November 12, 2pm Lobby

THE OUTWIN: AMERICAN PORTRAITURE TODAY
at The Ackland Art Museum
Wednesday, November 15, 1:45pm Lobby

CAROLINA BALLET
Saturday, November 18, 1pm Lobby

PLAYMAKERS REPERTORY COMPANY
Sunday, November 19, 1:30pm Lobby

NC SYMPHONY AT UNC MEMORIAL HALL
Tuesday, November 28, 6:45pm Lobby

DUTCH ART IN A GLOBAL AGE: MASTERPIECES FROM THE MUSEUM OF FINE ARTS, BOSTON
at the North Carolina Museum of Art
Thursday, November 30, 9:30am Lobby

THE CEDARS EVENTS

11/1 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■

11/2 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 1pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

11/3 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
1pm The Cedars Annual Health Fair **D-AR** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

11/4 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■



11/5 SUNDAY

Daylight Saving Time Begins
 11am Interdenominational Service **D-AR** ■
2:30pm Movie Matinée:
Steel Magnolias **D-AR** ■
3:15pm Movin' at Carolina Meadows **LB** 📍 ■

11/6 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan z ■
 10:15am Balance Challenge **D-AR** ■
 11:30am Tai Chi with Nina **D-AR** ■
 12:30pm Play Reading Group z ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■
3pm Edward James: Builder of Dreams
 with Avery Danziger **D-AR** ■

11/7 TUESDAY

Election Day
 8:30am Total Body
 Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Golf Croquet **GL** ■
 1:30pm Mah Jongg **CV2** ■
2pm Select Rehab Lecture **D-AR** ■



11/8 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
 2pm Mah Jongg **CV2** ■

11/9 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 1pm Golf Croquet **GL** ■
1pm Let's Talk Cinema Film Cousins
Followed by Discussion **D-AR** ■
 1:30pm American Canasta **CV3** ■
 3pm Scrabble **CV4** ■

11/10 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
11:15am ComMotion Fitness Event **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
2pm Veterans Day Program **D-AR** ■
 3pm Canasta **CV4** ■

11/11 SATURDAY

Veterans Day
 10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■



11/12 SUNDAY

11am Interdenominational Service **D-AR** ■
2pm Chamber Orchestra **LB** 📍 ■
2:30pm Movie Matinée:
You've Got Mail **D-AR** ■

11/13 MONDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Balance Basics **D-AR** ■
 10am Pilates Fusion with Joan z ■
 10:15am Balance Challenge **D-AR** ■
 11:30am Tai Chi with Nina **D-AR** ■
 12:30pm Play Reading Group z ■
 1pm Poker **CV3** ■
 2pm Chess Club **CV2** ■
 2pm Mexican Train Dominos **CV4** ■
 2pm Jewelry Repair **D-Elm** ■

11/14 TUESDAY

8:30am Total Body Strength & Stretch **D-AR** ■
 9:30am Sit & Be Fit **D-AR** ■
 1pm Mah Jongg **CV4** ■
 1pm Golf Croquet **GL** ■
 1:30pm Mah Jongg **CV2** ■

11/15 WEDNESDAY

10am Open Door Bible Group **D-AR/Zoom** ■
 1pm Party Bridge **CV4** ■
1:45pm The Outwin at the Ackland **LB** 📍 ■
 2pm Mah Jongg **CV2** ■

11/16 THURSDAY

8:30am Cardio Combo **D-AR** ■
 9:30am Sit and Be Fit **D-AR** ■
 11am Cedars University **D-AR** ■
 1pm Golf Croquet **GL** ■
 1:30pm American Canasta **CV3** ■
2pm Annual Members Meeting/
Condo Board **D-AR/Zoom** ■
 3pm Scrabble **CV4** ■

11/17 FRIDAY

9:30am Balance Basics **D-AR** ■
 10:15am Balance Challenge **D-AR** ■
 11am Fit Friday: Zumba **D-AR** ■
 1pm Chess Club **CV2** ■
 1pm Mexican Train Dominos **CV4** ■
 1:30pm Men's Bridge Group **CV3** ■
 3pm Canasta **CV4** ■

11/18 SATURDAY

10am Cribbage **CV2** ■
 1:30pm Modern American Canasta **CV2** ■
 12:30pm Duplicate Bridge **D-AR** ■
1pm Carolina Ballet **LB** 📍 ■
 2pm Hand Canasta **CV3** ■
 2pm Mexican Train Dominos **CV4** ■

11/19 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 1:30pm PlayMakers **LB** 🗨️ ■
- 2:30pm Movie Matinée: *Stepmom* **D-AR** ■

11/20 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi **D-AR** ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■

11/21 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 1pm Mah Jongg **cv4** ■
- 1pm Golf Croquet **GL** ■
- 1:30pm Mah Jongg **cv2** ■

11/22 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **cv4** ■
- 2pm Mah Jongg **cv2** ■

11/23 THURSDAY

- Happy Thanksgiving!*
- 1:30pm American Canasta **cv3** ■
 - 1pm Golf Croquet **GL** ■
 - 3pm Scrabble **cv4** ■



11/24 FRIDAY

- 11am Fit Friday: Cardio and Core **D-AR** ■
- 1pm Chess Club **cv2** ■
- 1pm Mexican Train Dominos **cv4** ■
- 1:30pm Men's Bridge Group **cv3** ■
- 3pm Canasta **cv4** ■

11/25 SATURDAY

- 10am Cribbage **cv2** ■
- 1:30pm Modern American Canasta **cv2** ■
- 12:30pm Duplicate Bridge **D-AR** ■
- 2pm Hand Canasta **cv3** ■
- 2pm Mexican Train Dominos **cv4** ■

11/26 SUNDAY

- 11am Interdenominational Service **D-AR** ■
- 2:30pm Movie Matinée: *Little Women* **D-AR** ■

11/27 MONDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Balance Basics **D-AR** ■
- 10am Pilates Fusion with Joan z ■
- 10:15am Balance Challenge **D-AR** ■
- 11:30am Tai Chi with Nina **D-AR** ■
- 12:30pm Play Reading Group z ■
- 1pm Poker **cv3** ■
- 2pm Chess Club **cv2** ■
- 2pm Mexican Train Dominos **cv4** ■
- 2pm Movie of the Month - *Barbie* **D-AR** ■

11/28 TUESDAY

- 8:30am Total Body Strength & Stretch **D-AR** ■
- 9:30am Sit & Be Fit **D-AR** ■
- 1pm Mah Jongg **cv4** ■
- 1pm Golf Croquet **GL** ■
- 1:30pm Mah Jongg **cv2** ■
- 6:45pm **NC Symphony at Memorial Hall** **LB** 🗨️ ■

11/29 WEDNESDAY

- 10am Open Door Bible Group **D-AR/Zoom** ■
- 1pm Party Bridge **cv4** ■
- 2pm Mah Jongg **cv2** ■

11/30 THURSDAY

- 8:30am Cardio Combo **D-AR** ■
- 9:30am Sit and Be Fit **D-AR** ■
- 9:30am **Dutch Art in a Global Age at NCMA** **LB** 🗨️ ■
- 11am Cedars University **D-AR** ■
- 1pm Golf Croquet **GL** ■
- 1:30pm American Canasta **cv3** ■
- 3pm Scrabble **cv4** ■

GET OUT AND VOTE!

Election Day

**Tuesday, November 7,
9am, 11am, 1pm & 3pm**



Cedars will provide bus transportation to voting at Creekside Elementary School. Call transportation for a ride at 919-259-7740.

ANNOUNCEMENTS

JEWELRY REPAIR WITH EVA MOGENSEN

Friday, November 3, 2-3pm DuBose Elm Dining Room

SELECT REHAB LECTURE

Tuesday, November 7, 2pm Dubose Activity Room

Overview on Vestibular Dysfunction: Understanding Dizziness and Imbalance with George Washburn, PT – Director of Rehab

CEDARS PORCH COLLECTION

Monday, November 13, 8:30am

Food should be out for pickup by 8:30am on Front Porches or Veranda Parking Lot Bench, or you can leave a check anytime with the Clubhouse Concierge. Questions, contact Joy Metelits at 919-933-0724.



GET INVOLVED

SHABBAT SERVICE LED BY CONNIE MARGOLIN

Friday, November 10, 4pm DuBose Conference Room (2nd Fridays)

GREAT SHORT STORIES

Monday, November 13, 10am
Camden Villa 2nd Floor

Byron the Lyron by Richard Bausch

Lectures on DVD

MUSEUM MASTERPIECES: THE NATIONAL GALLERY, LONDON

Taught by Catherine B.

Scallen, Ph.D. Professor, Case
Western Reserve University

Thursdays through December 28,

11am DuBose Activities Room



Of all the world's great art museums, the National Gallery, London is the only place where you can truly grasp the breathtaking scope of European painting between 1200 and 1900. Established in 1824, the National Gallery was commissioned as the people's museum—a cultural institution meant to reflect the artistic legacy both of Great Britain and of the European continent. Inside its halls are more than 2,500 European paintings by some of Western civilization's greatest masters, including Titian, Rubens, and Rembrandt.

Today, the National Gallery is one of the top five tourist attractions in the United Kingdom. Each year, more than 5 million people explore the gallery's impressive collections, including its renowned and respected holdings in Italian Renaissance art and 17th-century Dutch and Flemish painting. To browse through the hallways and wings of the National Gallery is to witness the powerful evolution both of European painting and the European history that it represents.

LEARNING OPPORTUNITIES

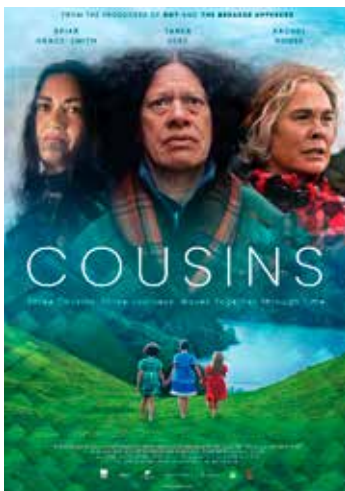
EDWARD JAMES: BUILDER OF DREAMS

with Avery Danziger

Monday, November 6, 3pm DuBose Activities Room

Avery Danziger has been an art photographer and documentary film maker his entire life. He has been fortunate to have his work in many museums, corporate, and private collections including MoMA - NYC, The Smithsonian Museum of American Art, The Mint Museum, The Houston Museum of Fine Art, The Stedelijk in Amsterdam, The Biblioteque Nationale in Paris, the Ackland - Chapel Hill and many others.

Edward James: Builder of Dreams will take you on an extraordinary journey into the world of the Surrealists as the life and accomplishments of the surrealist collector, poet, and architect Edward James unfolds. He created over 36 extraordinary concrete structures, some over 100 feet high, at a personal cost exceeding 5 million dollars.



LET'S TALK CINEMA

Cousins, 2021

Thursday, November 9, 1pm Film Followed by
Discussion Led by Linda Luftig in the DuBose Activity
Room

Cousins is a heartfelt, emotionally wrenching story set among New Zealand's indigenous Maori people. It is poetry on screen – a compact saga of one extended family's history and the lost cousin they never gave up looking for. Many strands are woven elegantly together in this adaptation of Patricia Grace's best-selling novel. *Cousins* is a small gem! In Maori and English with English subtitles. Rotten Tomatoes Score of 100. Also streaming on Netflix.

FLUID ART WORKSHOP: POURING OVER TILES

LED BY PAULA SLOAN

Tuesday, November 14, 2-4pm

DuBose Activities Room

Watch what happens as we pour paint over tiles and create a beautiful set of four tiles at one time. Each participant will receive four ceramic tiles, plenty of acrylic pouring paint, and other helpful tools. All materials supplied for no more than \$10. Eight participants maximum (joined by some folks at DuBose).

Come prepared for a somewhat messy but fun workshop! Register on Cedars Connect beginning November 1, deadline November 13.





Fantastic Cheese/
Wine class with
Stevie and Gene at
The Cheese Shop
in Carboro.



Fun afternoon at the
Carolina Tiger Rescue
in Pittsboro.



Perfect fall day for an
eco tour and bald eagle
sightings on Jordan Lake
with Captain Don!

SUDOKU PUZZLE

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: **Medium**

		8	9		3	1		
1		7		4			8	
	4					5	2	
	1				7			
8	7			3			1	5
			2				9	
	9	4					6	
	3			9		2		8
		6	7		5	9		

Puzzle by websudoku.com

REGULAR GROUP ACTIVITIES CONTACT INFORMATION

- Chess ClubCarol Downs
703-282-6191
- Classic Canasta Sally Sullivan
919-489-6446
- CribbageMalcolm Jackson
919-951-7626
- Duplicate BridgeBetty White
919-967-4064
- Early BirdsJoan Bingham
919-968-3213
- Golf CroquetJoe Murphy
843-957-0674
- Interdenominational Service Nancy Cobey
919-259-7048
- Knit & StitchMargaret Rook
919-292-1497
- Library WorkdayNancy Lebo
919-259-7330
- Mah JonggNorma Kupersmidt
919-724-9070
- Memoir Writing Group.....Nancy Lebo
919-259-7330
- Mexican Train DominosSally Sullivan
919-489-6446
- Modern American..... Bonnie Farb
Canasta 561-613-7509
- Open Door Bible Study...Nancy Cobey
919-259-7048
- Ping PongPat Kelley
919-489-0053
- Play Reading Group... Sue Bielawski
919-933-4428
- Poker.....Richard Orcutt
919-259-7533
- Pole Walking.....Joan Ontjes
919-219-5128

FITNESS ARTICLE

WHY GOOD POSTURE MATTERS

“Stand up straight.” That’s timeless advice we’ve probably all heard at one time or another. It’s worth heeding. Good posture is important to balance: by standing up straight, you center your weight over your feet. This also helps you maintain correct form while exercising, which results in fewer injuries and greater gains.

Not an athlete? It still pays to have good balance. Just walking across the floor or down the block requires good balance. So do rising from a chair, going up and down stairs, toting packages and even turning to look behind you.

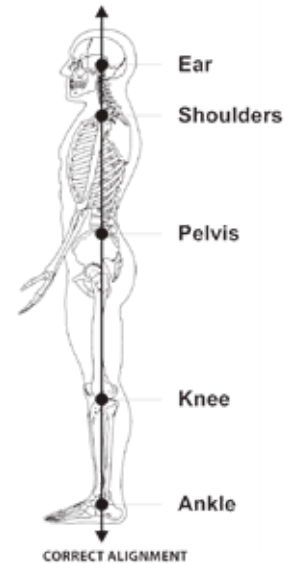
Poor posture isn’t necessarily a bad habit, either. Physical reasons for poor posture include:

- Inflexible muscles that decrease range of motion (how far a joint can move in any direction). For example, overly tight, shortened hip muscles tug your upper body forward and disrupt your posture. Overly tight chest muscles can pull your shoulders forward.
- Muscle strength affects balance in a number of ways. The “core muscles” of the back, abdominals and pelvis form a sturdy central link between your upper and lower body. Weak core muscles encourage slumping, which tips your body forward and thus off balance. Strong lower leg muscles also help keep you steady when standing.

The good news: You can improve your posture with a few simple exercises. Balance-specific workouts address posture and balance problems with exercises that build strength where it counts and stretches that loosen tight muscles. And increasing core strength and flexibility can help you improve your posture noticeably.

Good posture means:

- Chin parallel to the floor
- Shoulders back and down
- Abdominal muscles braced
- Hips and knees even and pointing straight ahead
- Body weight distributed evenly on both feet



Source: Harvard Health Publishing

There are many opportunities to improve your posture here at The Cedars, including group exercise classes, workout videos on Channel 1340 and physical therapy. Contact Julie Hardison, Fitness Coordinator, at 919-259-7922 with questions.

EXERCISE AT HOME WITH CHANNEL 1340

Cedars Members have access to a community wellness television channel - 1340.

A variety of fitness videos will make exercising at home an easy option while the Clubhouse is being renovated. New videos will be added to the diverse program as they are created. If Members want to record the workouts to use at their convenience, they can press the “record” button on their remotes while the video is playing on Channel 1340.

The following schedule is shown seven days a week:

- 8am Morning Meditation
- 9am Band Strength Workout
(seated and standing versions demonstrated)
- 10am Rotating specialty class
- 11am Sit and Be Fit (seated strength and stretch)
- 12pm Cardio and Core (low impact aerobics, standing strength and stretch)
- 1pm Walking Workout (seated and standing versions demonstrated)
- 2pm Rotating specialty class
- 3pm Chair Yoga
- 4pm Mat Yoga with Scott



Contact Julie Hardison at 919-259-7922 with questions.



The Cedars Club, Inc.

100 Cedar Club Circle, Chapel Hill NC 27517

- Editor..... Laura Booker, 919-259-7944
- In-House TVChannel 1340
- Cedars Live TV.....Channel 1341
- Reception 919-259-7000
- Concierge 919-259-7937
- Fax..... 919-259-7001
- Spa & Salon..... 919-259-7940
- Dining Reservations 919-259-7932
- Work Orders 919-259-7918
- Security 919-883-7666
- Transportation..... 919-259-7740